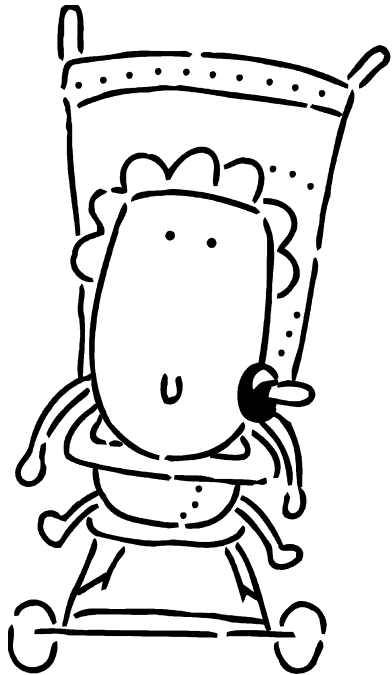


Healthy baby  
teeth give  
your child a  
beautiful  
smile.



## Protect Your Child's Smile

Limit sweet snacks.

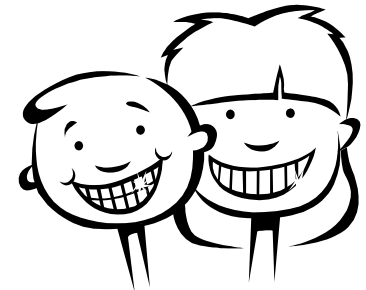
Brush daily with a fluoride toothpaste.

Visit the dentist regularly.



Dental questions?  
Call the Oral Health Program  
360-397-8020  
April 2005

## Fluoride Coatings for Your Child's Teeth



# Fluoride Varnishes Protect Teeth

## What are they?

Fluoride varnishes are protective coatings that are painted on a child's teeth to prevent cavities. Your dentist or dental hygienist might even paint it on teeth that already have cavities because the fluoride can stop cavities from getting bigger.

## How long does it last?

The fluoride coating will work best if it is painted on the teeth 2-4 times each year.

Your dentist or dental hygienist can tell you what your child will need.

## How are they put on?

The varnish will be painted on your child's teeth. It doesn't hurt, but your child may cry because he may not like strangers putting their hands in his mouth.

There will be some yellow color on your child's teeth the first day that will go away when they are brushed.

## Are they safe?

Yes! They've been used for many years and many children have had them!



## What else do I need to remember?

- Your child should eat only soft foods for 30 minutes after the varnish is applied.
- Do not brush your child's teeth tonight.

*Baby teeth are important!*